

# 5 STEPS TO PLANT

# CALM



You Are a Gardener®

1

## **Notice Your Garden**

Pause and look around. What flowers of gratitude can you see, hear, or feel in this moment?

2

## **Breathe Like a Breeze**

Take slow, steady breaths, in and out, like a gentle wind moving through the garden.

3

## **Be Kind to Your Roots**

Say something kind to yourself, reminding your roots that you are steady and growing stronger each day.

4

## **Focus on a Flower**

Think of a person, place, or memory that brings you joy, and let it bloom in your mind.

5

## **Choose a Quiet Tool**

Pick a simple gardening tool—like drawing, reading, or stretching, that helps you feel calm and steady.

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